

August 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u> 8/4- Advisory Council Meeting-10:00am <i>New Members Welcome</i> 8/4- “Importance of Hydration” presented by OPTUM- 2pm-3:30pm RSVP Required 8/6- Dignity Health- Situational Awareness presentation PART TWO- 12:30pm-1:30pm Please RSVP 8/7- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve* 8/11- Alzheimer’s Asociación Presentación en Español “Cuerpo y Cerebro Sano es vida sana” - 10:30am-11:30am Por favor, regístrese. 8/13- Doc Talk- “Cholesterol”-presented by Regal Medical 12:30pm-1:30pm Please RSVP 8/14- 2nd Annual Art Show- 2:00pm-4:00pm Please RSVP 8/17- Crafting with the LA Library- 12:30pm-1:30pm Please RSVP 8/18- Alzheimer’s Association “Building Brain Healthy Habits” Presentation 10:30am-11:30am Please RSVP 8/19- August Birthday Celebrations Sponsored by MJM Insurance 12:30pm-1:30pm RSVP 8/20- Dept. of Mental Health “Grief & Loss” presentation 12:30pm-1:30pm Please RSVP 8/21- “Cruising into Autumn Dance” 1:30pm- 3:30pm \$2 admission 8/25- Free Will Presentation 10:30am-11:30 Please RSVP 8/26- Sages & Seekers Info Session- 10:00am- 11:00am RSVP 8/27- Do’s & Don’ts of Foot Care- 12:30pm-1:30pm RSVP 8/28- Joy of Drumming – come learn to use percussion instruments with us. 2:30pm-3:30pm Space limited Please RSVP	<u>Monday</u> 09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information* 09:00am-10:30am Chair Yoga – Alison MP3 Please arrive early, no admittance to class after 9:15am 09:45 am-11:10am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles* 10:30am- 11:30am- English as Second Language Class Act Rm 10:00am-11:30am Bingo – Ed Art Rm 12:30pm- 3:00pm- Table Games Social Act Rm *NEW* 01:00pm-2:00pm- The Art of Growing Older (8/10 & 8/24) Comm Rm 01:00pm-03:00pm Cabaret- *Closed Group* David MP3 01:30pm- 2:30pm- Zumba Gold MP 1 & 2 Sponsored by Providence 01:30pm-3:30pm- Chess Club Art Rm 02:15pm-3:45pm Music & Comedy- Musician w/ a Heart (\$6) Comm NEW CLASS SCHEDULE (8/10 & 8/24) *Disclaimer: Classroom assignments are subject to change at any time*
<u>Tuesday</u> 10:00 am-11:15am Exercise through Dance MP2&3 10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list* 10:00am-11:00am Loteria w/ Gladys (8/4 & 8/18) Act Rm 12:00pm-02:00pm Board Games TBA 01:00pm-03:00pm Tapping Down Broadway -Arlene MP 3 NO CLASS IN AUGUST 01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 Sponsored by Valley Presbyterian Hospital 02:00pm-03:30pm Technology Class Comm Rm 02:00pm-04:00pm Knitting & Crochet – Beth Art Rm 02:15pm- 4:45pm Mahjong- Robin MP 2 BEGINNER LESSONS 1st HOUR ONLY 02:30pm-04:00pm Line Dancing – Cyndy MP1	<u>Wednesday</u> 09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information* 10:00am-11:00am Zumba Dance MP Rm 12:30pm- 1:30pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE* BRING YOUR OWN MATS* 12:30pm- 1:30pm- Beginner’s Spanish Act Rm 01:00pm-04:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles* 01:00pm- 02:30 Songbirds *Closed Group* - Ellen MP3 01:00pm-02:30 Karaoke – Alex MP1 02:00pm-03:30pm Unzip Your Lip – Ruthe Comm Rm 02:30pm- 03:30pm Advanced Hula- Josie MP 1
<u>Thursday</u> 09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3 10:00am-11:30am Building Relationships Activity Rm 10:15am-11:30am Live Music Sing-along- Alan Comm Rm 10:00am-12:00pm Watercolor-Martha (8/6 & 8/20) Art Rm *Supplies are not provided call office for list* 10:00am-11:30am Art & Company-Lisa (8/13 & 8/27) Art Rm *Bring your current project & create in community* 12:30pm-02:00pm- Hope & Advocacy- Donna Act Rm 01:00pm-03:00pm Tapping Down Broadway-Arlene MP3 01:30pm-4:00pm Technology Class Comm Rm 01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2 2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette MP1&2	<u>Friday</u> 09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3 09:15-10:15am- Telling Our Stories Comm Rm 10:30am-11:30am Sit & Sip with Cheryl Comm Rm 1:00pm- 2:00pm Arthritis Foundation Exercise MPs Be Fit While U Sit (EBP)-Andree 1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm 02:00pm-04:00pm Knitting & Crochet – Beth Art Rm 02:00pm-04:00pm Movie of the Week MP 3 *\$2 fee Please pay at the Main Office Window* 02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP 1 02:30pm-4:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles

AUGUST 2026

SERVICES

*Astrology with Barbara- 2nd & 4th Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 *NEW*

*Better Age Personal Health & Wellbeing Assessment- Call the main office to improve your health – 818-705-2345

<https://oneration-senior-enrichment-center.health-wellbeing.betterage.net/login/>

*Bet Tzedek Legal Assistance – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. Appointment IS REQUIRED

*Bar Association -818-340-4529

*CalFresh Enrollment- Manny Hernandez at 818-708-4759

*CITIZENSHIP ASSISTANCE – (818) 342-4686

*Grandparents As Parents Program – (818) 264-0880

*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, September 9th

* MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month

Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

*Podiatry Screenings- August 11th & August 25th – Space is limited schedule appointment 818-705-2345

Center Hours 8:30am- 5:00pm

****LUNCHES ARE SERVED DAILY AT 11:30****

First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

****NEW HOURS****

**Fitness Center Open Tuesday, Wednesday and Friday
8:30am-4:30pm**

Fitness Center Open Monday & Thursday 8:30am-3:30pm

Friday Movies \$2 FEE

All movies start at 2:00pm in Act Rm

8/07/2026 – ORDINARY ANGELS (PG) (2024) 1hr 58m

Based on a true story of a hairdresser who rallies her community to help a widowed father save a critically ill daughter during a massive snowstorm in Kentucky. (*True Story, Drama*)

Cast: Hilary Swank, Alan Ritchson....

8/14/2026 – NO MOVIE

8/21/2026 – NO MOVIE

8/28/2026 – LEATHERHEADS (2008) (PG-13) 1hr 54m

A Romantic comedy about a football player who recruits a war hero to help save his football team. (*Nostalgic, Romantic Comedy*)

Cast: George Clooney, Renee Zellweger, John Krasinski....

